

A Personal Cultural History

Complete the following questionnaire:

1. Describe the earliest memory you have of an experience with a person (people) of a cultural or ethnic group different from your own.

2. Who or what has had the most influence in the formation of your attitudes and opinions about people of different cultural groups? In what way?

3. What influences in your experiences have led to the development of positive feelings about your own cultural heritage and background?

4. What influences in your experiences have led to the development of negative feelings, if any, about your own cultural heritage or background?

5. What changes, if any, would you like to make in your own attitudes or experiences in relation to people of other ethnic or cultural groups?

6. Describe an experience in your own life when you feel you were discriminated against for any reason, not necessarily because of your culture.

7. How do you feel people should deal with (or not deal with) issues of cultural diversity in American society?

Source: Pedersen, Paul B., & Hernandez, Daniel. "Decisional Dialogues in a Cultural Context" copyright 1997 by Sage Publications, Inc.